Community Integrated Care®

Overnight Oats!

CARE TO COOK

What you will need



150ml Milk/Water



1 Tablespoon of Hot Chocolate



1 Tablespoon of Peanut Butter



2 Tablespoons of Porridge Oats



Measuring Spoons



Apron



Measuring Jug

Method

Wash your hands and put on your apron.



Measure out 150ml milk or water and pour into the tupperware.



Add 2 tablespoons of porridge oats, 1 tablespoon of hot chocolate powder and 1 tablespoon of peanut butter to the tupperware.



Stir and place the lid on top.



Place the oats in the fridge for 4 hours or overnight.



Serve for breakfast in the morning cold or pop in microwave for 30 seconds to heat up.



Optional: You can add extra toppings in the morning such as mixed nuts, chocolate chips or a sprinkle of cinnamon.

